

Let's say Thank You to all Staff!

Let us take time to say thank you. To our staff that came to work and stayed with us through this COVID-19 Pandemic. They all have been working hard to keep our facility and residents protected and to make you all as comfortable as possible during these times of quarantine.

Let's thank the Resident Assistants for the cares and compassion that is shown during the daily cares.

Let's thank the Nursing and management team for doing the daily temperatures, virtual doctor visits and taking family calls with different concerns.

Let's thank the Dietary staff for the delivery and food preparations with a friendly smile.

Let's thank the Activity staff for the great job of keeping the resident entertained within limits that are allowed. Daily movies and the special puzzle packets, Hydration carts and outdoor concerts. They have graciously provided you.

Resident you are important to us all and you have a wonderful team...

We are the Front Line...



Residents May Birthdays!

Cathy C. -May 3rd
George B.- May 10th
John L. - May 11th
Virginia J.- May 19th

Staff Birthdays!

Khadijah Burton May 25th

Famous Birthdays!

Dwayne Johnson (actor) – May 2, 1972
Bing Crosby (singer) – May 3, 1903
Nellie Bly (journalist) – May 5, 1864
J.M. Barrie (author) – May 9, 1860
Salvador Dalí (artist) – May 11, 1904
Bea Arthur (actress) – May 13, 1922
Lorraine Hansberry (playwright) – May 19, 1930
Mr. T (actor) – May 21, 1952
Sally Ride (astronaut) – May 26, 1951
Bob Hope (entertainer) – May 29, 1903

The Nurses Corner

During the month of May, our nurses and management will continue to check temperatures twice daily, to assure that every resident is doing well.

The Staff will continue to do a temperature check and screening before they start each shift and mark it down, in the designated area by the time clock.



The Pebbles of Lake Phalen

The Shores of Lake Phalen * 1870 East Shore Drive * 651)777-7784 *



Picture Perfect

May is Photography Month, a time to not only enjoy snapping photos and capturing memories, but a time to look at the world differently, through the eyes of a photographer. And with pocket-sized cell phones equipped with powerful cameras that rival the top traditional cameras, it seems as if everyone these days is capable of high-quality photography.

Enjoy some of our pictures that were taken right outside of our beautiful facility.



Look who's enjoying their walk. Tom turkey and his family are a little early.... Right in our beautiful front yard. We have a splendor of nature.



Enjoy the beautiful day, an outdoor spring concert with Joanne Bolles.



Celebrating May

Global Health and Fitness Month

Gardening for Wildlife Month

Kentucky Derby
May 2

Nurses Week
May 6–12

American Indian Day
May 9

Mother's Day: U.S.
May 10

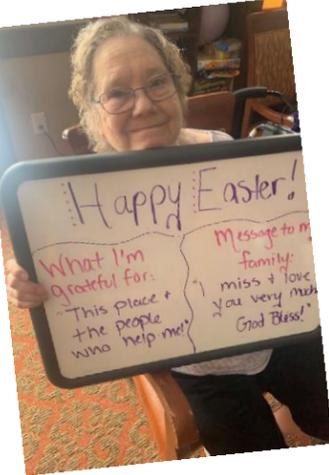
O. Henry Pun-Off Day
May 15

National Polka Festival
May 22–24

Memorial Day: U.S.
May 25

Let's Hear From our Residents

Just a Little something our residents wanted to share, to let everyone know what they are thankful for...



Enjoying a little Creative artwork in the afternoon.



Bud and his Special Care Bear has a special story just ask him...



The Magical Mile

On May 6, 1954, the weather in Oxford, England, was not ideal for running. Roger Bannister, while working his shift at a local hospital as a medical student, even considered not running in a meet due to rain and strong winds. By the afternoon, however, the weather had cleared and Bannister decided to race. He had competed in the 1952 Helsinki Olympics, placing fourth in the 1500 meters, a disappointing finish both personally and for his country. After that bitter defeat, he resolved to do the hitherto unthinkable: run a mile in under four minutes. Many believed such a time to be humanly impossible. But as a medical student, Bannister believed he had the knowledge he needed to create a unique training regimen that would allow him to achieve University's Iffley Road Stadium, Bannister became the first human to run a sub-four-minute mile. His lurch across the finish line hit the front page of newspapers all over the globe. He became a symbol of perseverance and of pushing the limits of human endurance. He became a hero overnight.



Enjoying our second-floor deck and the beautiful weather!



Celebrate Cinco de Mayo



Cinco de Mayo enjoys widespread popularity across the United States, despite many Americans mistaking the holiday as Mexico's Independence Day. Cinco de Mayo revelers take note! Mexico's Independence Day is held on September 16. It commemorates the day in 1810 when a Catholic priest known as Father Hidalgo made a speech in the town of Dolores calling for independence from Spain. Hidalgo's speech has since been called the "Cry of Dolores," and the town is now known as Dolores Hidalgo. Cinco de Mayo commemorates a very different event on a date over 50 years later.

In 1861, Benito Juárez was elected the new president of Mexico, but the country he was elected to run was bankrupt after decades of civil war. Juárez was forced to put off repaying all debts to Europe for two years, a decision that angered France, Britain, and Spain. These countries responded by sending their naval fleets across the Atlantic to collect their due. Juárez negotiated a deal with Britain and Spain. France, however, saw an opportunity to invade Mexico. Napoleon III ordered the landing of French troops at Veracruz, and the French forces chased Juárez and his government out of the city.

French General Charles Latrille de Lorencez soon marched his force of 6,000 upon the town of Puebla de Los Angeles. Juárez was desperate. He rounded up a group of 2,000 locals and fortified the town under the command of General Ignacio Zaragoza. On May 5, 1862, Lorencez surrounded Puebla and began shelling the town with heavy artillery. Yet by nightfall, the French were forced to retreat, having lost 500 soldiers. Zaragoza's victory at the Battle of Puebla was not a major one, but it was symbolic. Juárez's government used the victory to rally support against the French. Five years later, the United States sided with Mexico against the French and put an end to the war. Americans celebrating Cinco de Mayo are not celebrating America's successful intervention. It is more a general celebration of Mexican culture, fueled by the marketing influence of the beverage industry.

Cycling Through History

The third week of May is Unicycle Week, with Ride a Unicycle Day falling on May 17. So who exactly thought it would be a good idea to create a one-wheeled cycle? No one really knows. The best guess that historians have is that the unicycle was inspired by the *penny-farthing*, those early bicycles invented by Frenchman Eugène Meyer of Paris with one massive wheel in front and the tiny wheel in back. Of course, the one major disadvantage of the penny-farthing was its instability and the likelihood of injury after a fall from atop its tall front wheel. Drivers of the penny-farthing were quick to notice how they could ride perfectly well atop the front wheel without the need for the rear. This is how we believe the unicycle was born. Soon, unicycles were popular all across Western Europe. Today, unicycles are most often seen at circuses or festivals where entertainers use them to wow a crowd. But, with improvements in unicycle design and durability, unicycles are now used on commutes to work, on mountain trails, to do tricks at parks, and even to play sports like unicycle hockey.

Pages Out of Time



The oldest book ever printed in the world, China's *Diamond Sutra*, was published by a block printer on May 11, 868. How do we know when it was made? The book is dated and inscribed with the words, "Reverently made for universal free distribution by Wang Jie on behalf of his two parents." The *Diamond Sutra* was discovered in 1900 by a Chinese monk. The scroll was just one of 40,000 different documents hidden in the Cave of a Thousand Buddhas, a secret library that had been sealed up around the year 1000 in order to save the writings from invaders. The *Diamond Sutra* itself is very short, just 6,000 words, able to be chanted in 40 minutes. It is called the *Diamond* because its teachings are as sharp as a diamond blade, cutting through worldly illusions, a worthy message to stand the test of time.